

Change in School Lunch Box Sandwiches Indicated at This Time of Year

Introducing New Fillings Awakens Jaded Appetites To Renewed Interest

Choose Ingredients Carefully To Insure Good Supply of Necessary Food Values

By Betsy Cassell,
Woman's Editor

At about this time of year, the usual sandwiches included in the youngsters' lunch boxes, or those designed for afternoon snacks begin to pall. The routine type of fillings cease to hold interest, with the result that the children are all too apt to take only a bite or two of what should constitute an important source of nourishment.

An entirely new lineup of sandwiches will prove most effective in banishing this late winter satiety.

For the after-school variety—let the children make their own, using ingredients carefully chosen by you to provide the utmost in food values. We are giving you several suggestions for new fillings, many of which may be made up and kept in the refrigerator until needed. Others must be used right away—but they are all unusual, and at the same time, chockful of all the vitamins and other essentials needed to safeguard your youngster's health.

Keep watching for the enriched bread offered by many bakers, which is being introduced as one of the "all out" food aids for national defense. These loaves are similar to the regular white bread for the past years, but contain added vitamins and minerals which are necessary to health.

For school sandwich fillings that can be made up in quantity, and stored in the refrigerator for use throughout the week, try some of these:

CHEESE AND EGG SPREAD.

1 tablespoon butter.
1 teaspoon grated onion.
1½ tablespoons flour.
2 tablespoons sugar.
¼ teaspoon mustard.
½ teaspoon salt.
1 cup evaporated milk.
1 cup chopped celery.
½ pound American cheese, freshly grated.
2 hard-cooked eggs, chopped.
Melt butter and cook the onion in it for one minute. Add flour, sugar, mustard and salt and stir until blended. Add milk. Cook, stirring constantly, until mixture thickens. Add vinegar and cheese. Continue cooking until cheese melts into mixture and is smooth. Add eggs. Cool and store in covered jar in refrigerator. Makes 2½ cups filling, enough for 8 hearty sandwiches.

PEANUT-MARMALADE.

1 cup marmalade.
1 cup peanut butter.
Blend together and store in covered jar in refrigerator. Makes 2 cups filling, enough for 8 hearty sandwiches.

TROPICAL FILLING.

1 cup chopped cashew nuts.
1 cup pineapple jam.
1 cup chopped celery.
Combine ingredients and store in covered jar in refrigerator. Makes 2 cups filling, enough for 8 hearty sandwiches.

These Designs Are Smart Now and Later On



By Barbara Bell

Beginning at the top and reading straight down, we come first to a braided-trimmed frock, with slashed sleeves and lots of flare, that's sure to be a great success with the finicky kindergarten crowd. That's pattern No. 1297-B, and it makes up adorably in dotted Swiss, percale, gingham or pique. Then, just below, there's a blouse and skirt pattern for grownup young ladies between the sizes of 6 and 14. It fits beautifully. The blouse buttons over the skirt belt to prevent parting at the waistline. For the blouse, gingham, linen, pique and flat crepe are good fabric choices. For the skirt, flannel, jersey, gingham or pique.

Both designs are smart for now, and for all through the summer. Barbara Bell pattern No. 1297-B is designed for sizes 2, 3, 4, 5 and 6 years. Size 3 requires 1½ yards of 35-inch material without nap, ¼ yard contrast for collar. Barbara Bell pattern No. 1286-B is designed for sizes 6, 8, 10, 12 and 14 years. Size 8 requires for short-sleeved blouse 1½ yards of 39-inch material without nap. For skirt, 1½ yards.

BARBARA BELL,
WASHINGTON STAR.
Incloses 25 cents for each pattern.

Pattern No. 1297-B. Size....

Pattern No. 1286-B. Size....

Name

Address

(Wrap coins securely in paper.)

14 years. Size 8 requires for short-sleeved blouse 1½ yards of 39-inch material without nap. For skirt, 1½ yards.

Now's the time to plan your spring wardrobe and decide what you'll want for the children, too. Our spring fashion book brings the best new styles straight from our designers to your own sewing room. We've embodied them in easy patterns that you can make yourself, economically and speedily. Send 15 cents for your book today.

Let Them 'Roll Their Own' ...



Children love to putter about the kitchen, and enjoy making their own after-school snacks, and some for the "gang" as well. Let them have a free hand—but give them ingredients for sandwiches that you have selected with an eye to nourishment as well as taste value.

Encourage Independence

Wise Mother Will Guide Child To Ultimate Self-Sufficiency

By Lettice Lee Street

When the chubby, year-old baby thrusts aside his mother's hand with an independent flourish and attempts to strike out alone, staggering along on adorable, fat legs, or pulls the milk cup from her hand, he is showing her that the time of his babyhood dependence is drawing to an end.

He is an intelligent, normal baby, and it is proper for him to try to fend for himself, to walk alone, to try to dress and to feed himself. As he grows older he is developing the following two character traits, among many others—the keen wish to help himself and the urge to learn, largely aided by his ability to imitate others.

When he sees his parents using a knife, fork and spoon at the table, he wants to use them, too. By all means allow him to handle his own spoon as soon as he shows the desire to do so.

You can guide his little hand at first, and make sure he has only a small amount of food on the spoon. But from then on let him struggle alone to find his mouth! Suppose he does miss it! What are bibs for? Apropos of bibs, the big rubber ones come in pretty shades of pink and blue. They are great labor-savers, as they mean less laundering.

You are a wise mother if you are tolerant of your child's attempts to do anything at all for himself. Even if your patience is severely tried, which it certainly will be as you watch his fat little fingers fumble with shoe laces, or when you feel very cross as you wash spots of spinach and mashed potatoes from your wallpaper, just realize that your good-humored self-control will help to build a strong, independent character for your beloved and obstreperous baby.

It is much slower work to teach him to do things for himself than to just go ahead and do them. But if you continue to help him after he should make his own efforts, you may stop him from trying. The next thing you know you may have a lazy, spoiled baby on your hands. If you will resign yourself to supervising patiently his painfully slow struggle to do things for himself when he is 3 years old, you will be rewarded by being able to boast of a child who is tidy and capable of taking care of himself when he is older.

Encouragement instead of scolding should be the rule. Praise is

the greatest spur we have toward making our best effort.

The little child will grin with glee and pride if his mother lauds his attempts to feed himself, and, if she says how neat he is, "just like daddy, or big sister or brother." After all, he can't see the egg on his own small nose. Praise will make him sincerely try to eat tidily. But if his mother shows her irritation at his messy attempts he will surely bang his spoon against his dish with gusto, and make the food fly every which way on purpose, because she annoys him with her unjust scolding, and he subconsciously feels: "What is he of trying? I shall only be spoken to crossly."

The wise mother gives her children freedom, she encourages their independence. As a result she has children who are happy and pleased that they can take care of themselves. She knows that she has been a true mother if she can equip her children to stand on their own feet in a difficult world.

How to Please Your Children's Friends At a Party

During the school year many a mother likes to entertain some of her children's "gang." What would be more popular with the group than a hamburger banquet? And easy on the hostess, too. Make invitations in the shape of a hamburger with rough-cut edges, and written in red (like chili sauce, you know). And while your scissors are limbered up, make some delicious hamburger cut-outs of bright-colored paper to scatter over the table top.

The table you might cover with butcher's paper and paste the happy little cut-outs over it. Even on the paper napkins, and little ones on the glasses. A bowl of red flowers and red candles stuck in chili or prepared mustard bottles will certainly delight your young guests, too.

For your menu, plan for hamburgers served on paper plates. A menu that's universally liked by the young fry is: Hamburgers on toasted buns, creamed potatoes, buttered green beans, a cluster of carrot and celery curls, a glass of milk, and for dessert, ice cream and cake. This dessert can be served "hamburger style," too, if you wish. Bake yellow cake in large, paper cups (the kind meant for baking), split, and fill the center with chocolate ice cream.

All-In-One Jacket



By Baroness Piantoni

When cool spring breezes blow you'll be inclined to worry over baby's habit of tossing off covers when he's put out-of-doors for his daily sunning. But why fret? Just send for the pattern which will guide you in crocheting the snug button-down-like jacket with attached hood shown today. It is so simple in design that it will be becoming to any tot when made up in soft yarn in color that you have chosen as your favorite for baby's wardrobe.

Pattern envelope contains complete easy-to-read and easy-to-follow directions for above. Send 15 cents for pattern number 1528. Address orders to the Needlework Editor of The Evening Star.

Use Muriatic Acid to Clean Smoky Fireplace Bricks; Take All Precautions

Rust Spots in Kitchen Stoves Due to Metal's 'Sweating'; Apply Aluminum Paint

By Margaret Nowell

Our living room fireplace is of dark red rough brick. Evidently, while burning logs some of the bricks became "smoked." Brushing the smoked part with a broom has had no effect, and I am wondering if you know of anything that will remove it.

Also, our kitchen stove is not quite 2 years old. It is a porcelain table-top range. Shortly after we began using it I noticed rust spots forming in the two storage bins. In one bin I keep skillets, and in the other hard on your hands and clothes, so take the necessary precautions to protect them. Then use a slender stick with a swab of cloth tied around the end. Dip this in the acid and rub the burned spot on the bricks. It may take two or three applications before they are clean, but this slow method will prevent the acid spattering on other things. Muriatic is excellent for all stone or ceramic surfaces and I am sure you will be pleased with the results. I think the rust inside your stove is caused by the cold metal "sweating" when the stove is heated. I would suggest that you paint the interior of the stove with aluminum paint after you have cleaned the rust spots off with steel wool. This will prevent its rusting any further. If you do not care for the appearance of the aluminum, you can paint with white enamel on top of that, to keep a spila and span appearance.

MRS. T. K.

Answer—Muriatic acid will clean the bricks very nicely. You may get a bottle at the drugstore. Remember that it is a poison, will mark your wood floors or brass and iron, so take the necessary precautions to protect them. Then use a slender stick with a swab of cloth tied around the end. Dip this in the acid and rub the burned spot on the bricks. It may take two or three applications before they are clean, but this slow method will prevent the acid spattering on other things. Muriatic is excellent for all stone or ceramic surfaces and I am sure you will be pleased with the results. I think the rust inside your stove is caused by the cold metal "sweating" when the stove is heated. I would suggest that you paint the interior of the stove with aluminum paint after you have cleaned the rust spots off with steel wool. This will prevent its rusting any further. If you do not care for the appearance of the aluminum, you can paint with white enamel on top of that, to keep a spila and span appearance.

Dear Miss Nowell:

You have helped me before with home problems, so will you please help me now with a church problem?

We want to purchase, or have made, two pedestals for flowers and vases, as there are no places or receptacles planned for them. I have drawn a rough sketch of the interior of the church to give you some idea of the arrangement. The church is an old one and the interior is ivory with a combination of pine and oak woods. "X" marks the spot where there is no room for pedestals. "O" marks the place where they would seem best, but we do not know whether they should be placed on the floor or on the platform just above this point.

MRS. W. H. J.

Answer—Your sketch is most illuminating. I think you would be wise to place the pedestals where you have marked "O" on the floor at either side of the altar. Suggest they be a little shorter than the floor of the platform, so that when flowers are arranged in vases, the platform edge, the minister will not be hemmed in and the flowers may be enjoyed by the congregation and the minister.

Dear Miss Nowell:

I have an old mahogany chest of drawers with two small drawers at either side of the mirror, which is attached at the top. The edge of the top has a deep veneer which is broken off in spots and the mirror is very poor. I would like a new mirror to match the chest and have a gilt oval one would be good? Also, is it possible to patch the broken places with new veneer?

H. S.

Answer—A good cabinetmaker can patch the broken places so that they will never be noticed. Most of them keep a collection of veneer of varying thicknesses just for this purpose. I would suggest that you keep the mirror frame and have a new piece of glass put in it. Have the frame refinished, remove the mirror to match the chest and have the mirror on the wall. I think you will find this more in keeping with the design of the chest than the gilt oval mirror. If your mirror frame is not redeemable, next best would be a square mahogany framed mirror to match the chest and dresser. I think you will need the balance of the dark wood above the heavy chest, rather than the gilt.

Dear Miss Nowell:

I have found just the pattern I want for bedroom draperies in a 25-cent percale. Would it be unwise to purchase such inexpensive material for this purpose?

R. E.

Answer—No. I think you will be well satisfied with it. Suggest you line it with plain percale and leave the hems free at the bottom. In this way they may be washed and ironed and will not pull up on the seams. Allow for shrinkage, unless you are laundering the material first.

Wedding of Fiance's Sister

Invitation Issued By His Mother Is Accepted

By Emily Post

Dear Mrs. Post: My fiance's parents live several hundred miles from here, where I live and he works. His sister is being married and his mother has just written me to come home with John for the wedding. I would like to ask a few questions before I answer her letter: (1) Is it proper for me to go home with him by train? (2) If we go together, should I pay my own fare and who pays for the meals we eat on the train? (3) Should I take a present to his mother (I have never met her)? (4) Should I take a wedding present to the sister with me or should I send it before I go?

Answer: (1) You may accept his mother's invitation, certainly. (2) Ordinarily you would expect your own fare and he would buy your meals on the train just as he does when he asks you to lunch or dine with him in a restaurant. However, since you are engaged to him, there is no impropriety in your accepting your railroad tickets from him. (3) In this case, I think it would be nicer to give her a present another time when you know her better. (4) Yes, take it, if you are going several days ahead of time, so the bride can display it with her other presents; otherwise, send it if possible.

Dear Mrs. Post: My brother and I make our home with our married sister. Recently she received a letter from a friend who lives in a neighboring town, which read: "Will you people come over for dinner next Sunday?" This note did not specifically mention either my brother or me, but my sister thinks we are included just the same. Neither of us knows this friend very well and we hesitate to go on such an indefinite invitation. What is your opinion?

Answer—"You people" certainly implies that you were meant, but I think it will be simple enough, and certainly safer for all concerned, if your sister calls her friend and asks: "You didn't expect my brother and sister to come, did you?" Saying it this way would make it easy for her friend to say "no" if she had not meant to include you, or to reassure you by answering, "Of course I expect them."

Prunes in Muffins

Prunes in muffin batter step up the nutritive value and increase flavor. About ½ cup of prunes—chopped, dried, soaked—for each 2 cups of flour is right.

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WILKINS IS BETTER COFFEE

NEW MOUTH-WATERING FAMILY TREAT!

Baked Stuffed Tomatoes

6 firm, ripe tomatoes 2 STEERO cubes
soft bread crumbs 1½ cup boiling water
1 tsp. minced onion ½ cup buttered flour
1 tsp. chopped parsley 1 tsp. bacon, diced
3 tsp. butter Cheese or Mushroom Sauce

Remove stem ends of tomatoes, scoop out pulp, chop and mix with an equal amount of soft crumbs. Sauté onion and parsley in butter. Dissolve STEERO in boiling water, and add, together with tomato pulp. Fill tomatoes with stuffing. Place in greased baking dish, sprinkle with buttered dry crumbs and place 1 teaspoon diced bacon on top of each. Bake in moderate oven (375° F.) for 20 minutes.

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STEERO America's Original BOUILLON CUBES

Just Looking, Thanks!

By Dorothy Murray

A new all-purpose household cleaner that comes in concentrated cubes is very easy to use. Just dissolve one cube in a gallon of hot water, then apply with a sponge or soft cloth. This can be used on upholstery, fabrics, rugs and painted surfaces, and no hard rubbing is required. The cubes may be purchased in boxes of 12.

Another nice product in the household supply line is a "first-aid set" for fine furniture. The liquid remover will efface stains and heat rings caused by water, perfume, alcohol or hot dishes. Then another liquid in the set can be used to wipe away grime and film and, last but not least, a paste polish is used to help conceal scratches and give the furniture a glowing finish.

A combination tobacco pipe and pipe holder would make an excellent gift for the service man. This is made in durable bakelite and has zipper fastenings. The tobacco is kept in one end and the pipe fits securely into the other.

Another gift for "the boys" is an attractive magazine type razor which contains 20 blades in the handle. When a blade has served its purpose, all one has to do is push a lever and at the same time the old one is ejected and a new blade takes its place.

You may now enjoy French onion soup that is ready to serve in about 10 minutes. It is packed dry in vacuum tins and each tin contains all the necessities, such as toasted onions, a package of grated cheese, soup stock and proutons. Just add water and follow simple instructions and you will have a first course for dinner or a bedtime snack.

The man of the house would appreciate one of the new chromium-plated shaving brush holders. This holder is adjustable and will fit any size brush on the market.

Keep your tresses smooth and trim by wearing one of the tiny split-tooth hair combs. These may be secured in various colors to match your shade of hair and you will find them "dressed" as well as practical.

Over the Coffee Cup

with Wilkins

Though on pleasure she was bent, She had a frugal mind.

—William Cowper (1731-1800)

Nice description, that.

Makes you think of a lady who wants good coffee with all the pleasure and contentment that good coffee brings. Then ends up with something described as "just as good as Wilkins and costs less."

WILKINS IS BETTER COFFEE

NEW MOUTH-WATERING FAMILY TREAT!

Baked Stuffed Tomatoes

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soft bread crumbs 1½ cup boiling water
1 tsp. minced onion ½ cup buttered flour
1 tsp. chopped parsley 1 tsp. bacon, diced
3 tsp. butter Cheese or Mushroom Sauce

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